Believe In Yourself: Affirmations

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Table of Contents

Believe In Yourself: Affirmations 1

Introduction 6

Affirmations 7

Affirmations: Set 1 8

Affirmations: Set 2 9

Affirmations: Set 3 10

Affirmations: Set 4 11

Affirmations: Set 5 12

Affirmations: Set 6 13

Affirmations: Set 7 14

Affirmations: Set 8 15

Affirmations: Set 9 16

Affirmations: Set 10 17

Affirmations: Set 11 18

Affirmations: Set 12 19

Affirmations: Set 13 20

Affirmations: Set 14 21
Affirmations: Set 15 22
Affirmations: Set 16 23
Affirmations: Set 17 24
Affirmations: Set 18 25
Affirmations: Set 19 26
Affirmations: Set 20 27
Affirmations: Set 21 28
Affirmations: Set 22 29
Affirmations: Set 23 30
Affirmations: Set 24 31
Affirmations: Set 25 32
Affirmations: Set 26 33
Affirmations: Set 27 34
Affirmations: Set 28 35
Affirmations: Set 29 36
Affirmations: Set 30 37

Affirmations: Set 31 38
Affirmations: Set 32 39
Affirmations: Set 33 40
Affirmations: Set 34 41
Affirmations: Set 35 42
Affirmations: Set 36 43
Affirmations: Set 37 44
Affirmations: Set 38 45
Affirmations: Set 39 46
Affirmations: Set 40 47
Affirmations: Set 41 48
Affirmations: Set 42 49
Affirmations: Set 43 50
Affirmations: Set 44 51
Affirmations: Set 45 52
Affirmations: Set 46 53
Affirmations: Set 47 54

Affirmations: Set 48 55

Affirmations: Set 49 56

Affirmations: Set 50 57

Connect 58

Introduction

Speak these affirmations out loud to yourself daily, until believing in yourself becomes second nature.

When you feel a lack of confidence in anything you do or undertake, speak these affirmations to yourself.

What we speak and think to ourselves is powerful. I encourage you to utilize affirmations in your life *daily*. I guarantee you will notice a difference.

Affirmations

Affirmations: Set 1

1. I can do anything I put my mind to.

2. I am a victorious person.

3. My abilities are limitless.

Affirmations: Set 2

1. I maintain a positive attitude.

2. I feel good!

3. I am a confident human being.

Affirmations: Set 3

1. My life is a reflection of my wildest dreams.

2. I am not afraid to stand up for myself.

3. I am a fearless person.

Affirmations: Set 4

1. I am grateful for all of my life.

2. I make the best of all situations.

3. I am a champion.

Affirmations: Set 5

1. I am always winning.

2. Blessings continually flow to me.

3. Extraordinary opportunities are attracted to me.

Affirmations: Set 6

1. I am filled with self-belief.

2. I believe in my dreams, whole-heartedly.

3. I always believe I CAN do it.

Affirmations: Set 7

1. I am always learning.

2. I am humble.

3. I handle adversity with grace and dignity.

Affirmations: Set 8

1. I can get through anything.

2. I am mentally, emotionally, and physically strong.

3. I am assertive.

Affirmations: Set 9

1. I believe in me.

2. I know the rough is only mental.

3. I determine my present and future.

Affirmations: Set 10

1. I do not let others influence me negatively.

2. I am in control of my life.

3. I never leave my present and future up to chance.

Affirmations: Set 11

1. My life is up to me.

2. I have the power to change the world.

3. I am powerful beyond measure.

Affirmations: Set 12

1. I am intelligent beyond measure.

2. My life is continuously elevating.

3. I am an optimist.

Affirmations: Set 13

1. When I make an error, I learn from it and move forward.

2. I learn from my past decisions.

3. My past doesn't determine my future.

Affirmations: Set 14

1. I am an inspiration to others.

2. Others are attracted to my positive spirit.

3. I never dwell on my past mistakes.

Affirmations: Set 15

1. I retain my confidence even after mistakes.

2. My self-worth is independent of what others think of me.

3. I have immeasurable self-respect.

Affirmations: Set 16

1. I am a success.

2. I am focused.

3. I am excited about life.

Affirmations: Set 17

1. I am excited about my goals.

2. I review my goals daily.

3. I have crazy dreams that I know can come true.

Affirmations: Set 18

1. This is a great day to be alive.

2. I do not follow followers.

3. I am a leader.

Affirmations: Set 19

1. I make my own decisions.

2. I go against the grain.

3. I am secure with who I am.

Affirmations: Set 20

1. I love myself.

2. There is beauty all around me.

3. There is love surrounding me.

Affirmations: Set 21

1. I am blessed with healthy and enriching relationships.

2. I possess infinite potential.

3. I am productive with my time.

Affirmations: Set 22

1. I place a high value on what I do daily.

2. I am a positive force.

3. I CAN.

Affirmations: Set 23

1. I CAN do it.

2. I CAN accomplish everything I put my heart into.

3. I firmly believe in me!

Affirmations: Set 24

1. Self-doubt is a foreign concept to me.

2. I am ravenous for life.

3. I maintain a consistent interest in self-development.

Affirmations: Set 25

1. My life is lived by my choices.

2. I love what I am doing in life.

3. I change the things that don't make me happy.

Affirmations: Set 26

1. I let go of unhealthy things in my life.

2. I am positive around negative people.

3. I always lift people up and encourage others.

Affirmations: Set 27

1. I speak positively over all others.

2. My demeanor is fun, kind, and engaging.

3. I take risks.

Affirmations: Set 28

1. When something isn't working in my life, I quickly change it.

2. I think outside the box.

3. No one can bring me down.

Affirmations: Set 29

1. I only move upwards.

2. Every day I make progress in my life.

3. I become what I think about, so I think positively.

Affirmations: Set 30

1. I achieve every goal I set.

2. I set ambitious goals.

3. I set goals that are uncomfortable for me.

Affirmations: Set 31

1. Every day is an opportunity to be better.

2. I have a winning attitude.

3. Each morning, I wake up invigorated.

Affirmations: Set 32

1. Each night, I go to bed peacefully.

2. I am free of worry and anxiety.

3. I am full of joy, love, kindness, and generosity.

Affirmations: Set 33

1. Life treats me based on my attitude, which is positive.

2. I fill my mind with positive materials.

3. I am careful about the content I consume.

Affirmations: Set 34

1. I am a creator.

2. I am a builder.

3. I am a problem solver.

Affirmations: Set 35

1. I am adaptable.

2. My cup is always full.

3. I am enthusiastic about life.

Affirmations: Set 36

1. I am a flexible person.

2. I am honest.

3. I am confident about sharing my thoughts and feelings.

Affirmations: Set 37

1. I am inner-directed.

2. My expectations are positive and good.

3. The world responds to me positively.

Affirmations: Set 38

1. My environment is energizing.

2. I am full of color and life.

3. I encourage others to believe in themselves.

Affirmations: Set 39

1. I experience contentment daily.

2. I experience blessing daily.

3. I experience love daily.

Affirmations: Set 40

1. I get to be generous to others daily.

2. I am an outlier.

3. I break barriers.

Affirmations: Set 41

1. I give recognition to others regularly.

2. The best years of my life are *now.*

3. I enjoy life more than the average person.

Affirmations: Set 42

1. I am a service to others daily.

2. My success gives me more options.

3. I ATTACK my dreams.

Affirmations: Set 43

1. I ATTACK my goals.

2. I am my number 1 supporter.

3. I am my top fan.

Affirmations: Set 44

1. My life continues to blossom.

2. I believe in myself 24/7.

3. Believing in myself is second nature for me.

Affirmations: Set 45

1. My imagination is limitless.

2. My potential is limitless

3. Nothing is impossible for me.

Affirmations: Set 46

1. No dream is too crazy for me to achieve.

2. My wildest dreams are coming true.

3. I am confident that no goal is out of reach for me.

Affirmations: Set 47

1. I know anything is possible for me.

2. "No" only means my "Yes" is somewhere else.

3. I write down my dreams and goals consistently.

Affirmations: Set 48

1. I am extraordinary.

2. I am the only one on this planet like me.

3. I am the only one with my specific dreams that can accomplish them.

Affirmations: Set 49

1. I live with no regrets.

2. I finish all my days satisfied.

3. I am focused, determined, and dedicated to living my best life.

Affirmations: Set 50

1. I believe in me!

2. I believe in myself!

3. I will always believe in myself!

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